



Session 7: Overview

About Calories

There is a reason we eat calories — our bodies need them to survive. They fuel everything we do, even our breathing. The number of calories we use for an activity depends on the type of activity, the amount of time we are active, and how much we weigh. The number of calories we use depends on our weight and how far and long we carry it.



The Calorie Balance

Calorie balance means that the calories we take in through eating and drinking should equal the calories we use through physical activity and our body's other energy needs (for example, breathing, digesting food, sleeping).

Energy Use Through Activity

A rule of thumb is that one mile of brisk walking uses about 100 calories. Most people walk a mile in 15 to 20 minutes. So you can see that it would take many miles to burn off a high-fat meal.



Quick Fact

Does eating too much sugar cause type 2 diabetes?

No. Type 2 diabetes is generally caused by a combination of genes and lifestyle.

Genes: Diabetes tends to run in families. Therefore, if one or more family members have diabetes, our chances of getting diabetes are higher than for people from families with no diabetes.

Lifestyle: Being overweight and inactive also puts us at risk for type 2 diabetes.

What to do: We cannot change our genes, but we can change our lifestyle and lower our risk.

Eating healthy meals and doing regular physical activity are the best ways to lower our weight and lower our risk for type 2 diabetes.

Tipping the Balance

How many calories and how much physical activity is needed to tip the balance in favor of losing weight?

The amount varies from person to person. This program has many tools to help you tip the balance in the healthy direction. Just remember, the best way to tip the balance is to *both* reduce the amount we eat and drink and increase the time we are physically active.

This Week - Tracking Your Calories

By keeping track of calories, you will learn which foods are highest in calories. You will also find ways to cut back.

If you haven't been tracking calories in this program, begin this week. Look up the calories for every food you eat, just like you look up the fat grams.



Understanding the Calorie Balance



The **calorie balance** is the balance between the calories (or energy) that you —

- ✓ Take in by eating
- ✓ Use by being active

Calories and Food

Calories are a measure of the energy value of food and drink. When we eat food, we take in calories. The number of calories in a food or drink depends on the amount of protein, fat, carbohydrates, and alcohol it contains. The chart below shows roughly the number of calories in a gram of each calorie source. Note that **fat** is the highest in calories per gram.

	Fat	Carbohydrates	Protein	Alcohol
Calories per gram	9	4	4	7

Calories and Activity

Calories also measure the energy we use up. Our body uses calories for all its functions, even breathing and sleeping. And of course, moving.

The rule of thumb for using up or burning calories by moving is shown here.

1 mile of brisk walking (15 to 20 minutes) = about 100 calories



Balancing Food and Activity

Your weight is a result of the **balance** between food (calories in) and **activity** (calories out). If we want to change our weight, we need to tip the balance in favor of fewer calories in and more calories out. The best way to do so is to eat less and be more active. Doing so will help us lose weight and improve our health.

Food Calories - Activity Calories

	Food Calories	Activity Calories
1. Your weight can stay the same . Calories in (food) are the same as calories out (physical activity).		
2. You will gain weight . Calories in are greater than calories out.		
3. You will lose weight . Calories in are less than calories out.		
4. You can reach a new balance at a new weight . Calories in are the same as calories out.		



Tipping the Balance

Eating and being active work together. To lose weight, it is best to eat less and move more. That way, you change both sides of the scale at once.

If...	Then...
You tip the balance by increasing activity and decreasing eating...	...You will lose the weight you want. And, over time, you will reach a new balance at a lower weight.
You make changes part of your <i>lifestyle</i>You will keep the weight off.

How Much to Tip the Balance?

Every 1 pound of body fat stores about 3,500 calories. To lose weight, we must reduce the number of calories we take in. Slow, steady weight loss is the best way to lose body fat. About 1 to 2 pounds per week is great.

This chart shows how many fewer calories are needed to lose between one and two pounds per week. The balance should be tipped by eating fewer calories, while also burning more through activity.

To lose:	Tip the balance by this number:
1 pound per week	3,500 fewer calories per week (or 500 fewer each day)
1 ½ pounds per week	5,250 fewer calories per week (or 750 fewer each day)
2 pounds per week	7,000 fewer calories per week (or 1,000 fewer each day)



NOTE: To have a healthy well-balanced diet, be sure that you do not eat fewer than 1,200 calories a day!



Review of Your Calorie Balance

We are nearly at the halfway point of this program, and you have already made many positive changes. List the changes you made so far in these areas:

Being more active:

Eating less fat and fewer calories:

Have these changes *tipped the balance*?

Your weight at the start of this program: _____

Weight now: _____ Expected weight by now: _____

If you have

- Stayed at the same weight, or gained weight, then —**
 - ✓ Try something else to tip the balance.
 - ✓ Work with your Lifestyle Coach to find a new way to work toward your goals.
- Lost some weight, but not as much as expected, then —**
 - ✓ Good. You made progress.
 - ✓ To lose more weight, try something new (for example, add an activity).
- Lost as much weight as expected (or more), then —**
 - ✓ Great! You have tipped the balance.
 - ✓ Keep tipping the balance, and you will keep losing weight.



To-Do Next Week

During the next week I will –

- Keep track of my weight, eating, and activity.**
- Be active for _____ minutes.**
 - ✓ Try setting aside one block of time or 2 or 3 shorter periods for physical activity.
 - ✓ Plan other activities you *like* to do.
- Plan my activities for the week.**



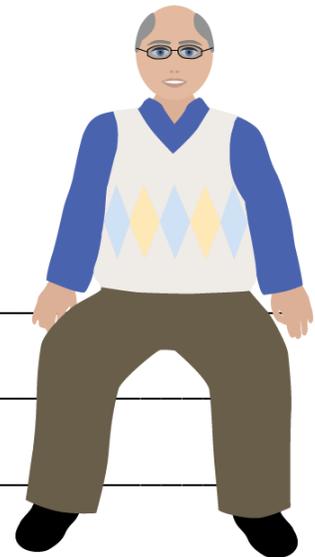
Day	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week:			

In your *Food and Activity Tracker*, write down only the time that you *are actually active*. Do not write down activities that last less than 10 minutes.



To-Do Next Week (continued)

- Make active lifestyle choices all through the day



- Tip the balance a little more by keeping track of calories and fat every day.
- Stay at or slightly under my fat gram goal.
 - ✓ Watch out for foods that are high in fat and calories.
 - ✓ Be sure to record *everything*.
 - ✓ Watch portion sizes.
- Stay at or go slightly over my activity goal.